

How to care for yourself while also caring for others



Wellthy



Sandia
National
Laboratories

We're thrilled to be here with you today!



Kimberly Simcox
Client Success Manager



xxx
Care Coordinator



Our solution helps employees and their families across the full spectrum of care



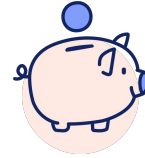
Aging



Mental Health



Veteran Support



Financial Support



Special Needs



Health Conditions



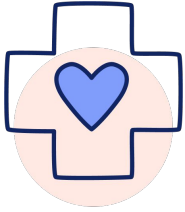
Childcare



Teen Support

Wellthy's Care Framework

Our Care Framework ensures families are considering and addressing all of the variables of care beyond just medical needs.



Medical

Doctors, Prescriptions, Physical Therapy, Records



Financial

Social Security, Benefits, Insurance, Tax Deductions



In-Home

Safety, Home Care, Transportation.



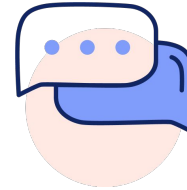
Housing

Senior Living, Moving Services, Short-Term Solutions



Legal

Power of Attorney, Advance Directives, Wills



Social + Emotional

Support Groups, Social Activities, Memory Care

**In one word, how are you feeling
in this moment?**

Today's agenda

- **Defining caregiver burnout**
- **Preventing and addressing caregiver burnout**
- **How Wellthy can help family caregivers experiencing burnout**



Defining caregiver burnout

What is caregiver burnout?

Caregiver burnout is a state of physical, emotional, and mental exhaustion that impacts family caregivers who have been in their role for a prolonged period of time.

Burnout often occurs when caregivers neglect their own needs in an effort to provide for the loved one they are caring for.

Caregivers often feel a sense of guilt when prioritizing themselves over their loved ones.

Caregivers often feel
overwhelmed yet isolated:

40 - 70%

experience clinical symptoms of depression ¹

80.5%

have been providing
care for over a year ²

60%

of all disabilities are
invisible ³

Symptoms of caregiver burnout

- Irritability
- Anxiety
- Depression
- Fatigue
- Lack of motivation
- Neglect of personal hygiene/health
- Difficulty sleeping
- Social withdrawal
- Physical symptoms (i.e. headaches, weight loss, stomach problems)



Consequences of caregiver burnout

- Increased stress
- Physical and mental problems
- Poor physical health
- Decreased quality of care for your loved one
- Strained relationships
- Thinking of duties as “caregiver burden”



Preventing & addressing caregiver burnout

**What is your biggest challenge
or worry surrounding
caregiver burnout?**

Is it possible for the primary caregiver to avoid burnout?

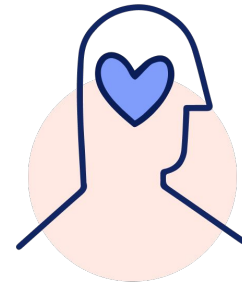
Absolutely! Here are some tips on protecting your own physical and emotional well-being:

1. Seek out emotional support
2. Look into respite care options to give you some planned relief time
3. Get enough sleep, eat well, and engage in activities that you enjoy
4. Set boundaries
5. Make a list of tasks for delegation
6. Give yourself permission to ask for help – it takes a village!



How can you bounce back from caregiver burnout?

- Don't be afraid or embarrassed to seek help from family, friends, or professionals
- Join a support group for caregivers who are going through the same feelings and obstacles as you
- Recharge your batteries by doing something you love, like seeing friends or getting a manicure
- Develop a plan or schedule of your responsibilities to feel more in control and less stressed by the unknown
- Check your company's benefits



How can you help someone else that you sense is growing burned out?

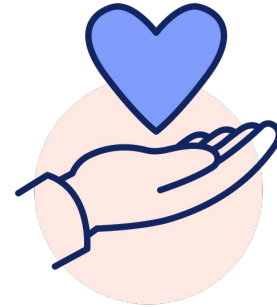
- Extend support in a compassionate and non-judgmental way
- Offer to assist with their caregiving responsibilities
- Encourage them to take time for self-care activities
- Provide a listening ear
- Connect them with resources to help them manage their stress



How can caregivers manage guilt + other negative emotions associated with burnout?

- Acknowledge and validate your feelings (don't suppress them!)
- Practice self-compassion
- Set realistic expectations
- Write down the positive aspects of caregiving
- Seek support – either from a therapist, support group, or loved ones
- Take breaks
- Practice self-care activities to recharge and feel more balanced

By managing negative emotions associated with burnout in a healthy and productive way, caregivers can continue to provide the best care possible to their loved one, while also improving their own overall health and well-being.



What respite care options are available?

- Home and community-based respite services
- Pay out-of-pocket for a direct care worker
- Adult day care
- Facility-based respite options
- Family, friends, and neighbors



How Wellthy can help

How Wellthy helps families navigate caregiver burnout

- Locate support groups
- Find a mental health provider
- Arrange respite care
- Research adult day care centers
- Identify alternative payment options for in-home care
- Explore outside-of-the-box options if you live in an area with less available resources
- Locate meal delivery or transportation options





Getting Dad support to relieve daughter's caregiver burnout

Melanie and her husband were caring for her father, Greg. Greg developed mild dementia, and after some consideration, was not allowed to drive himself anymore. This limited Greg's socialization to only seeing Melanie and her husband. As a very social person, Greg grew lonely and craved more opportunities to go on walks with loved ones. He often contacted Melanie during the workday, calling her office repeatedly or showing up at her home while she was working from home. Melanie was growing burned out trying to meet her father's needs in addition to the demands of her family and job.

How Wellthy helped:

- Evaluated in-home care agencies for Greg to help him during the day around the house
- Researched adult day programs that catered to Greg's interests and would meet his need for a social outlet
- Found a support group for Melanie and her husband to attend, where they met other adult children going through the same struggles

Getting started with a Care Coordinator is simple

1

Signing up takes just 30 seconds. When creating an account, families can share a bit more about their situation and tell us what's going on. **Get started at [wellthy.com/sandia](https://www.wellthy.com/sandia)**

2

Using that information, Wellthy's proprietary algorithm instantly matches families with a dedicated care expert, based on their unique needs

3

The Care Coordinator sets up and prioritizes tasks, and the important things start getting done on the family's behalf

The screenshot shows a web form for creating a Care Project. At the top, a progress bar is partially filled with green. The heading reads "Ok, great. Now let's create a Care Project." followed by a subtext: "The Care Project is how we keep everything organized. Don't worry, this will be quick." The form is divided into several sections:

- Who are you caring for?**
We refer to this person as the Care Recipient.
There are two radio button options: "Myself" (unselected) and "Someone Else" (selected).
- What should we call this person?**
This will also be used as the Care Project name.
A text input field contains "Lily Jones".
- What's your relationship to Lily Jones?**
You are Lily Jones's _____
A dropdown menu shows "Daughter" with a downward arrow.
- A green confirmation message: "✓ Got it, you are Lily Jones's Daughter."
- What conditions are they managing?**
Examples: Alzheimer's Disease, Breast Cancer, Cystic Fibrosis.
Two red pill-shaped tags are visible: "Stroke" and "Diabetes (Type 2)".
- Please fill us in a bit. What is going on? And what is your most immediate priority?**
(We'll use this information to determine the best next steps.)
A text area contains the text: "Mom was recently hospitalized for a stroke. She will be discharged soon and we need to find help for her as the nearest family member lives 60 miles away."



Questions?

To get started, visit www.wellthy.com/sandia